

## GET HELP NOW



### Nationwide Resources

#### National Suicide & Crisis Lifeline:

- [988 Suicide & Crisis Lifeline](https://988.org)
- Dial 988

#### Crisis Text Line

- Text HOME to 741741

#### The Trevor Project: LGBTQ+ Youth Suicide Hotline

- [thetrevorproject.org](https://thetrevorproject.org)
- 1-866-4-U-TREVOR (1-866-488-7386)
- Text START to 678678

#### Suicide Hotline for Spanish Speakers

- 1-888-628-9454

#### Substance Abuse and Mental Health Services: Find a mental health provider near you

- [findtreatment.samhsa.gov/locator](https://findtreatment.samhsa.gov/locator)
- 1-877-SAMHSA-7 (1-877-726-4187)

#### U.S. Department of Education Office for Civil Rights: Enforces several federal civil rights laws and assists in resolving complaints of discrimination

\*\*\*If you have a complaint, please first talk to the DASA coordinator or a mental health professional at your school\*\*\*

- [ed.gov/about/offices/list/ocr](https://ed.gov/about/offices/list/ocr)
- 1-800-421-3481

#### U.S. Department of Justice Civil Rights Division: Enforces federal laws that protect students from harassment and discrimination and accepts complaints of potential violations

\*\*\*If you have a complaint, please first talk to the DASA coordinator or a mental health professional at your school\*\*\*

- [justice.gov/crt](https://justice.gov/crt)
- 202-514-4609

## Western New York Resources

**BestSelf Behavioral Health:** provides counseling and treatment services for parents, children, families, and adolescents

- [bestselfwny.org](http://bestselfwny.org) | 716-884-0888

**Crisis Services Hotline**

- 24 Hour Crisis Hotline: 716-834-3131
- Kids Help Line: 716-834-1144, or 1-877-KIDS-400 (1-877-543-1400)

**Catholic Charities:** provides emergency assistance, counseling, behavioral health, youth education, & more

- [ccwny.org](http://ccwny.org) | 716-856-4494

**Child and Family Services:** provides counseling, community based services, work-life support, education, mediation, and prevention for children, families, and individuals

- [cfsbny.org](http://cfsbny.org) | 716-842-2750

**Erie County Council for the Prevention of Alcohol and Substance Abuse:** provides education, programs, and services for individuals and families on the prevention and intervention of alcohol and substance abuse

- [eccpasa.org](http://eccpasa.org) | 716-831-2298

**Every Person Influences Children:** provides parents, teachers, and other educators with resources and programming on parent support, family literacy, character development in children, creating home school partnerships, and family engagement in education

- [epicforchildren.org](http://epicforchildren.org) | 1-888-819-EPIC (1-888-819-3742) or 716-332-4100

**Family Help Center:** links residents with human resources organizations and community resources to improve student achievement and behavior at school

- [familyhelpcenter.net](http://familyhelpcenter.net) | 716-892-2172

**Growing LGBTQ+ Youth Support (GLYS) Western New York, Inc.:** Offers a variety of opportunities, resources & services for LGBTQ+ youth and their friends, ages 5-21.

- [glyswny.org](http://glyswny.org) | 716-855-0221

**Mental Health Association of Erie County:** provides support and advocacy for individuals and families living with mental illness

- [eriemha.org](http://eriemha.org) | 716-886-1242
- Text MHA to 741-741

**Prevention Focus/Teen Focus:** provides programs and strategies proven to address problem behaviors and promote healthy choices for parents and children

- [preventionfocus.org](http://preventionfocus.org)
- 716-884-3256

**Spectrum Health & Human Services CARES (Crisis and Re-Stabilization Emergency Services):** crisis hotline and emergency response for individuals under the age of 18 in Erie County

- Spectrum Cares – [shswny.org/services/cares](http://shswny.org/services/cares)
- 24/7 by calling 716.882.4357

## University at Buffalo Resources

**Student Conduct & Advocacy**

- [buffalo.edu/studentlife/who-we-are/departments/conduct.html](http://buffalo.edu/studentlife/who-we-are/departments/conduct.html)
- 716-645-6154

**UB Counseling Center**

- [buffalo.edu/studentlife/who-we-are/departments/counseling.html](http://buffalo.edu/studentlife/who-we-are/departments/counseling.html)
- 716-645-2720

**UB Office of Equity, Diversity, and Inclusion**

- [buffalo.edu/equity.html](http://buffalo.edu/equity.html)
- 716-645-2266

**University Police**

- [buffalo.edu/police](http://buffalo.edu/police)
- Emergency Line: 716-645-2222
- Non-Emergency Line: 716-645-2227